Creative Enzymes®

Resistant starch RS2

Cat. No. EXTZ-758

Lot. No. (See product label)

Introduction

Description

Resistant Starch RS2 refers to native starch granules with a naturally digestion-resistant structure. Its resistance stems from a dense crystalline architecture and B-type crystalline arrangement, which renders it resistant to hydrolysis by α-amylase. RS2 has not undergone gelatinization and retains its digestion-resistant properties in its natural state. Common sources include raw potatoes, unripe bananas, high-amylose corn starch, and similar materials. RS2 cannot be rapidly broken down into glucose by the small intestine. Consequently, its consumption does not cause a sharp spike in blood glucose levels and effectively reduces postprandial glucose peaks and insulin secretion. This characteristic is crucial for glycemic control in diabetic patients and for intervention in individuals with impaired glucose tolerance. It is also beneficial for healthy individuals seeking to prevent blood sugar fluctuations. Although RS2 resists digestion in the small intestine, it can be fermented by intestinal probiotics, producing short-chain fatty acids (SCFAs) such as butyrate, propionate, and acetate. SCFAs not only provide energy for intestinal epithelial cells and maintain the integrity of the intestinal mucosal barrier, but also regulate the composition of the gut microbiota by promoting the proliferation of beneficial bacteria and inhibiting the growth of harmful bacteria. Furthermore, they reduce the risk of intestinal inflammation, alleviate constipation, and improve intestinal motility function.

Product Information

Form

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